



Saline County Employee Newsletter

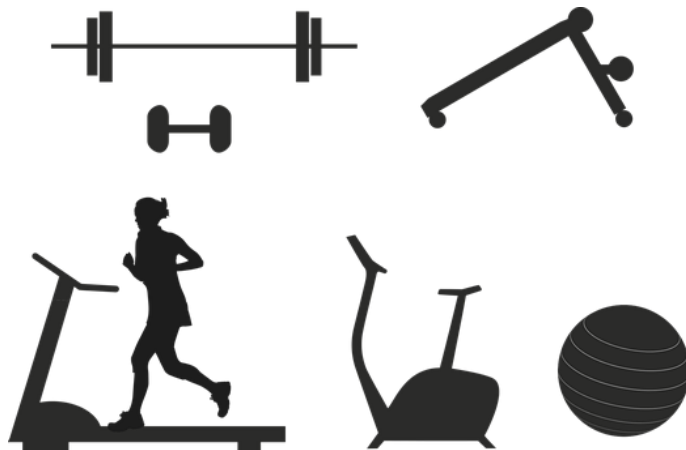
START WORKING OUT TO LOSE WEIGHT

by Elizabeth Millard

You're doing a solid job of tracking your food and making nutritional adjustments that work well for you, so now you want to step it up and incorporate some exercise into your routine for added weight-loss power.

Here's the problem: It may feel like there are hundreds, if not thousands, of possible starting points. How do you choose the best way to jump in? The wealth of options — from group fitness classes and gyms to personal trainer sessions and online workouts — can make many people feel like giving up before they've even begun.

The trick is to think simple and gradual. You're looking to make exercise into a new lifelong habit that will last after you hit your goal weight, and that requires the same strategy as changing up your food: consistency, predictability and starting where you are. *(Continue on page #2...)*



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***NOTE the IMPORTANT Documents attached alongside this newsletter.**

WORKING OUT TO LOSE WEIGHT—*CONTINUED FROM PAGE #1...*

STEPT #1: GET WALKING

Particularly if you're carrying extra weight, high-impact exercise can be tough on your joints when you're just starting to get into working out, says fitness expert Jimmy Minardi of Minardi Training. That makes walking an ideal starting point, especially if you get outside to do it.

"Studies have shown that outdoor exercise is associated with greater feelings of revitalization, increased energy and positive engagement, while decreasing tension and depression," he says. "That can make you more likely to repeat the activity."

An important strategy is to schedule your walks in terms of time and location adds Marie Urban, a regional group training coordinator and personal trainer for Life Time. That keeps walking from being yet another task you might not get to during the day and makes it into more of a priority.

STEP #2: ADD A SHORT-TERM GOAL

Huge goals are great, but when you just start working out, you need goals that are achievable quickly. For example, aim to walk two times this week. Or walk a block more tomorrow than you did today.

You might prefer to use time as a marker instead, adding 3 minutes to each walk until you get to an hour. These short-term goals give you a sense of progress, which is crucial for staying motivated.

"Pick a short distance and amount of time and build on it day by day," suggests Urban. "My recommendation is to do something every day. Doing something like walking every day establishes a fitness routine and you will feel a difference in your body. This will motivate you to increase your time or distance and you'll begin to make time for fitness rather than placing it on the back burner."

STEP #3: BUILD INTENSITY

After you've created a consistent walking routine you enjoy, begin to vary your walks for more intensity, Minardi says. If you're walking outside, try alternating 3 minutes at a slow pace and 3 minutes at a faster pace. If you're indoors on a treadmill, you can do

this easily by increasing and decreasing the speed, as well as adjusting the incline.

For example, Minardi suggests, doing a 2-minute warmup and then increasing the incline every minute up to 10 degrees, and maxing out at 4 miles per hour. Then adjust back down until you're at your starting point.

This is also when you can begin to incorporate some strength training into the mix a few days a week. That might include holding hand weights as you walk, Minardi says, or doing a few bodyweight exercises after you've warmed up by walking. As you get more comfortable with incorporating these kinds of moves, you can start to explore more strength-training options, like using free weights, resistance bands or gym machines.

STEP #4: KEEP EXPLORING

A large part of what keeps people from exercising is they think of working out as, well, work. They might view exercise as punishment for what they ate or as a chore that needs to be checked off the list. But that means they haven't found the sweet spot that comes with actually enjoying the sensation of movement, believes personal trainer Angelo Grincerì of workout site P.volve.

"Pick up a fun activity," he advises. "The best part about getting back in shape is feeling better when doing other things." For instance, he says, he recently started playing tennis and feels like his game is on target when he's consistent with his fitness regimen.

In other words, having a training goal — beyond losing weight and beyond those initial small goals — is important for the long term. Maybe that means signing up for a 5K walk six months from now or going for a bike ride with your kids instead of taking in a movie. No matter your future goals, though, be kind to yourself about getting there, Grincerì suggests.

"Stop judging yourself and start small," he says. "What can you barely do? Great, start there. Start with a basic plank, a basic hip hinge. When you're exhausted, stop. Then get back to it the next day." -
end

“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

UP FOR A CHANGE? SALINE COUNTY WELLNESS PROGRAM OPTIONS

The Wellness Committee is “charging” forward in an effort to transition program participants into a wearable technology option. With this comes a year of testing to help orchestrate the best and most helpful use of a user’s own tracking device, or one offered to for use by the Wellness Committee. Beginning January 1st, the 2020 Wellness Program will begin that transition. It is hoped that by the end of 2020, most users will be acclimated to the functionality and ease of tracking and reporting of their daily activity/points.

Added alongside this newsletter are the current, draft versions of two (2) options for participants to consider for 2020. The Committee will continue to revise these in the next couple months.

You are asked to **complete and return the attached 2020 Application to Participate sheet**. We will need these to ensure that we’ve supplied the Nebraska Safety Council—Workwell with an accurate eligibility list so that those users will have access to their online portal, called “MyVia”.

The two (2) options for consideration in 2020 are:

Option #1—Continue using the program as previously offered using the exercise calendar as a means to document daily activity. See the “DRAFT-Option #1” document that may reference any minor changes from the current year.

Option #2—Select this option in order to take advantage of daily steps as your method of documenting daily activity. See the “DRAFT-Option #2” document explaining how this process will flow. Option #2 allows participants to utilize either (1) their own wearable device, or (2) one provided by the Wellness Committee and owned by the County.

The Committee knows there are likely many questions regarding the newest option—or what 2021 may develop into. Please provide your specific questions to one of the Wellness Committee members so that it can be openly discussed at an upcoming meeting.

So...

Please return your 2020 Application Forms ASAP!



ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit 4continuum.com and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

*Next **Wellness Committee** Meeting: Monday, September 30, 2019 in the Courthouse Conference Room, 8:30 a.m.

*Next **Safety Committee** Meeting: Wednesday, November 20, 2019 in the Courthouse Conference Room, 8:30 a.m.



TOMATOES: EVERYTHING YOU NEED TO KNOW

- SARAH SCHLICHTER

For many, tomatoes are synonymous with ketchup and salsa, but store-bought condiments are often loaded with added sugar and excess sodium. However, with more than 10,000 varieties, tomatoes shouldn't be overlooked in their whole-food form.

Tomatoes are a main dietary source of lycopene, an antioxidant responsible for their deep red color. Lycopene, found in the tomato skin, may protect against some types of cancer and reduce the risk of cardiovascular disease. Their high water content can also help keep you hydrated in addition to regular sipping.

While typically prepared like (and served with) vegetables, botanists consider tomatoes a fruit because they originate from the ovary of flowering plants and contain seeds. As such, they are part of the nightshade family (edible parts of flowering plants), which includes potatoes, bell peppers and eggplant. These vegetables contain lectins, a group of proteins that bind to carbohydrates, and which many mistakenly believe cause negative health symptoms like leaky gut syndrome. This myth is dispelled by RDs who say you're unlikely to consume harmful amounts of lectins and low levels can actually be beneficial to overall health.

Since there are so many varieties, tomatoes are an extremely versatile ingredient to cook with. Common types include cherry and grape tomatoes, beefsteak, Roma and heirloom, to name a few. They also come in a variety of sizes and colors besides red including yellow, orange, green and purple. -end

Did you know:

⇒ *Tomatoes originated in Peru, where their Aztec name meant, "plump thing with a navel."*

⇒ *Over 60 million tons of tomatoes are farmed annually.*

⇒ *Fresh tomatoes shouldn't be refrigerated; they have the most flavor at room temperature.*

EVERYTHING YOU NEED TO KNOW ABOUT

TOMATOES

NUTRITION HIGHLIGHTS

(PER SMALL TOMATO)

16 calories		1g fiber
4g carbs		1g protein
0g fat		

HEALTH BENEFITS
Rich in antioxidants
High in vitamin A, C and potassium
95% water

WAYS TO ENJOY

 <p>TRADITIONAL On a salad or in pasta sauce</p>	 <p>SAVORY Stuffed (slice horizontally and stuff with cheese and herbs)</p>	 <p>SWEET Jam</p>
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Can Ice Cream Be Healthy?

by Kelly Hogan, MS, RD

Ice cream is a popular dessert — and for good reason. It's hard to imagine summers or special occasions without a scoop of your favorite hard-packed flavor or a soft-serve cone. Still, you'd be hard pressed to find an ice cream shop, social or truck where you don't hear at least one person lamenting about how they "shouldn't," will need to "burn it off" or are going to "be bad" just this one time.

As a non-diet, "all foods fit" dietitian, this drives me mad and tugs at my heartstrings. It's not you or the ice cream that is bad or unhealthy, it's the diet culture promoted through warped messaging from the media.

Here, a look at ice cream's nutritional benefits, why it should be put on a neutral playing field and how it can play a role in a healthy diet.

NUTRITIONAL BENEFITS

Ice cream has energy, or calories, which we need on a daily basis from a variety of food sources like fruits, vegetables, whole grains, lean proteins and yes, fun foods like ice cream. Depending on the type, it also has a bit of protein (around 2 grams per 1/2 cup) and some fat (about 7 grams per 1/2 cup), which helps slow digestion and keeps us satisfied. Ice cream also contains calcium, which promotes strong, healthy bones and small amounts of other vitamins and minerals like vitamin A and magnesium.

Still, we also know ice cream contains sugar, which, when consumed in large amounts, can have negative health effects.

WHY ICE CREAM SHOULD BE ON A NEUTRAL PLAYING FIELD

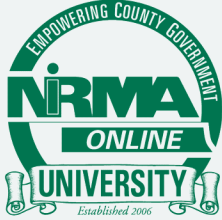
Despite some of the positives listed above, ice cream is often vilified for being "bad" or "unhealthy." This black-and-white thinking diet culture wants you to associate with food — good or bad, healthy or unhealthy — does nothing but evoke feelings of shame or guilt around food. It can even lead people to associate morality with eating (i.e., thinking "I am bad because I ate ice cream"), which can lead to binge eating, yo-yo dieting and other negative impacts on your relationship with food and quality of life.

We can start to change this by thinking about food in a neutral way — not as black and white but as gray. Focus on including a variety of foods in your diet and add foods that may have been on your "bad" list gradually and occasionally. If one of those foods is ice cream, take yourself out for a scoop on a relaxed afternoon and savor it for what it is — a cooling and delicious sweet treat — then enjoy the rest of your day while holding onto those positive feelings. This can be much easier said than done, and working with a non-diet dietitian can also be extremely helpful.

THE BOTTOM LINE

Yes, ice cream can be part of a healthy lifestyle. Eating ice cream in moderation, if you enjoy and desire it, indicates a healthy relationship with food and gives you a lot more brain space to focus on other important things in your life. I often tell clients the stress caused by avoiding certain foods, like ice cream, because they are perceived as "bad" is a lot more harmful in the short-term and long-term.

Let's recognize that while vitamins and minerals are important, health is about the big picture. That means getting quality sleep, focusing on self-care, regularly moving your body, finding ways to support mental health and more. The foods that truly nourish you in a holistic sense can and should change on a daily basis. Sometimes that food is ice cream, and that is OK. —end



**JULY—SEPTEMBER,
2019 —NIRMA ONLINE
UNIVERSITY CLASS**

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ **“Defensive Driving Basics”**

**SEPTEMBER QUESTION
OF THE MONTH**

When are the 2020 Wellness Program application sheets in need of return?

- A: January 1, 2020
- B: Yesterday
- C: ASAP
- D: September 26, 2019

Email your name and correct answer to: salinewellness@gmail.com

**Accepted answers must be received prior to the subsequent month’s newsletter distribution.*

WELLNESS COMMITTEE

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“WALK ACROSS NEBRASKA”

We’re off to the races! September 1st marks the date in which the **“Walk Across Nebraska Challenge”** will commence. Those that have provided application to participate in the challenge, and have been divided into evenly matched teams are as follows:

- ⇒ **Team #1 *Kathy Homolka**
Janis Frey
Jamie Houser
Judy Florian
- ⇒ **Team #2 *Hollie Zurcher**
Marvin Kohout
Eric Stehlik
Tim Reetz
- ⇒ **Team #3 *Anita Novotny**
Daryl Clark
Cindy Wollenburg
Beverly Prebyl
- ⇒ **Team #4 *Sharon Jelinek**
Lou Hajek
Tad Eickman
Ronnie Baehr

**Team Captain*

Safe travels to all team members! *Be on the lookout for a possible detour along the way—what with road construction & bridge work and such. -end*

PREPARING FOR FLU SHOTS

The Wellness Committee is working to schedule Tuesday, October 15, 2019 as the day for the annual flu shot clinic. As provided last year, the event will be held from 10:00 a.m. to 1:00 p.m. at the Courthouse & from 2:00 p.m. to 4:00 p.m. at the Law Enforcement Center. *—end*

SELF DEFENSE—LESSON #2

Saline County Deputy Kevin Vogel is working to plan an appropriate date/location in which to hold a follow-up “Self Defense” training session. It is likely to be held sometime in October at the Wilber High School. A forthcoming announcements will follow. *—end*

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.